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Bangalore Mirror ON SATURDAY

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Over 2 years after guideline making 'no objection certificate' mandatory for use of borewell water in commercial activity, fewer than 100 NOCs issued so far in city

THIS IS NOT A DRILL

Low numbers show rule not being implemented, say groundwater experts

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TWEETS @BangaloreMIRROR

A couple of years ago, Karnataka came up with a rule to monitor and regulate groundwater usage in the state. The state government notified the Central Government's guideline that made obtaining a no-objection Certificate (NOC) from the Karnataka Groundwater Authority (KGWA) mandatory for use of borewell water for any commercial activity.

Under the rule, even the residential apartment complexes and housing societies that utilise more than 20,000 litres of water daily, would have to get an NOC, apart from industries and other commercial entities.

However, in more than two years of notifying the rule, fewer than 100 NOCs have been issued by the Authority for the extraction of groundwater for commercial purposes in Bengaluru. This year, only nine NOCs have been issued so far.

What rule?

Experts say such low numbers of NOCs issued point to inadequate implementation of the rule.

"This shows the rule is not being implemented in true spirit. The rule notified that both existing and new establishments, those using or

CONTINUED ON PAGE 12 »

> "A commodity that is available at a low or subsidised rate will never be used wisely by commercial entities. The Bangalore Water Supply and Sewerage Board (BWSSB) should consider imposing groundwater tariff slabs on the lines of the electricity tariff
>
> – V Ramprasad, groundwater researcher

Licence to nil

Data shows 2,016 persons had their licences suspended in last 3 years for traffic violations

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When you next hit the road, exercise extra caution to avoid traffic violations, as these infractions could lead to the suspension of your driver's licence. Shockingly, recent data from the transport department reveals that a staggering 2,016 individuals have had their licences suspended within the last three years.

In a comprehensive breakdown of the statistics, it emerges that over the same period, the traffic police had recommended licence suspensions for a whopping 9,260 individuals. Of this large number, 2,016 have faced the consequence of having their licences suspended.

Joint Commissioner of Police (Traffic) MN Anucheth stressed the rationale behind these license suspensions, stating, "In cases of recurring traffic violations or instances of drunken driving, we advocate to the transport department for the suspension of licences." However, there have been allegations of a bottleneck in the process, with claims that the transport department is moving sluggishly when it comes to implementing these suspensions, despite numerous referrals from the traffic department. Astonishingly, more than 7,000 of these referrals remain unaddressed.

The traffic department operates

CONTINUED ON PAGE 12 »

2 THINGS TO DO

01 Art movement

This is a golden opportunity to experience an unparalleled symphony come alive with 'Transcend Through Art', a collaboration of music, dance, and poetry. Shoonya is an event that aims to bring together an ensemble of talented artists, such as Turiya Mamta Chander, Ashwathy, and Gayathri. This can prove to be an unforgettable journey that is a mix of emotion and artistry.
Where: Cafe Noir, Cunningham Road
When: Today, 11am and Shoonya (performance space)– tomorrow, 7 pm; contact 9962744533

02 For job purpose

With the support of UN Women and UN Women's Empowerment Principles (WEPs) signatories, the 'UNite HER' Job Fair is to be held in the city. This fair aims to provide employment opportunities to women graduates while addressing the critical need to reintegrate women into the workforce, particularly those with career gaps. **Where: Jnana Jyothi Auditorium, Palace Road; When: Today, from 9 am to 5:30 pm; virtual fair– September**

Surgical facilities

Deputy Chief Minister DK Shivakumar inaugurated the third hospital of HOSMAT in Sadashivanagar. A release from the hospital said that the new facility will house seven operation theatres, specialising in various surgical fields. It will serve as a

Centre of Excellence for orthopaedics and its subspecialties, including joint replacement, trauma care, sports injuries, arthroscopy, paediatric orthopaedics, hand surgery, plastic and reconstructive surgery (including reimplantation of fingers and limbs), foot and ankle care, neurosurgery for the brain and spine, bone cancer treatment, and arthritis management. –BMB

Passing on the Tulunad tales through music

Praveen Alva, frontman of Tulu band Alva Kuuto talks to us about his inspiration to start Tulu band, building audience base, and more ahead of their performance

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PRATHVIRAJ SHASTRY

Praveen Alva grew up in Pejawar and is one of the many to witness modernisation taking over traditional agricultural methods

About three decades ago, the thriller series Guddada Bhootha had us all glued to the screens with its captivating storyline set in the lovely Tulunad region. Even after all these years, the Tulu title track of the series 'Dennana Dennana' still brings a smile. The track was inspired by a Paadhdhana (oral epic poem), which is an essential part of Tulu culture. Another lesser-known and now-waning tradition of the Tulu culture is Kabitol, which are songs sung during the cultivation of crops.

Many cultures and dialects across the world have their very own versions of harvest songs or field hollers, the context of which varies.

On the coast, they also served as vehicles through which folktales were passed on from one generation to the next. But agrarian-based culture is on its way to becoming a memory, with modernisation taking over traditional agricultural methods. A true blue coastal boy, Praveen Alva, who grew up in Pejawar, is one of the many to witness these developments.

He believes that while culture always evolves, the responsibility of passing it on to the next generation lies with those practicing it. With this in mind, he formed the Tulu band Alva Kuuto in 2022.

What inspired Praveen?

Like most 90s kids, Alva's exposure to other forms of music came from all that aired on the good old television and All India Radio. But what he truly loved was his 'exposure to local cultures of performative rituals like Bhootha Kola and Yakshagana, which have an intrinsic musicality to their performance structures'.

Only after joining college was he introduced to artists like Pink Floyd, Metallica, John Mayer, and Raghu Dixit, among others. The influence of both of these is what forms the crux of the band's music: old world narratives and folk melodies repackaged and presented to appeal to all.

"While Bollywood music remains a constant, musical preferences vary depending on which part of the coast and the community one hails from.

While devotional music (Kannada and Tulu) has always had an audience, pop and rock music is more popular in the Catholic community, whereas the Byari-speaking Muslim community largely listens to Malayalam songs, and the Konkani-speaking community listens to classical and devotional Marathi music. Of course, electronic dance music (EDM) has seeped in lately, courtesy of pub culture.

But sadly, the region has very little live music; the only evident live music culture is when the local orchestras perform during festivals or cultural events," says Alva, giving us a sneak peek into the music scene of Mangaluru.

Composition in mother-tongue

"Our ancestors passed on their way of life and their perspectives of the world through Paadhdhana, where they sang about amazing stories of heroic men and women, of daily life struggles, and of changing seasons, among others. I rely on the stories, people, and experiences that I've been part of (directly or indirectly) to draw out my storyline or context for my songs," adds Alva.

"The language, customs, traditions, food are related to the land, climate and its agrarian practices. When we don't sow our paddy anymore why do we have to remember a song to sing in the fields? – Praveen Alva

Composing a track in his mother tongue is a liberating experience for him, as it helps him explore further and communicate better while representing his culture. But would this in any way be a limitation?

"The only limitation to what I'm doing specifically is that, as an audience member or as an event organiser, one has very little reference to music in Tulu.

There is no indie music scene in Tulu; it has to be built from the ground, and that's the opportunity that I'm working on. The audience is always open to unique and interesting things.

It's only the gatekeepers who need a lot of persuasion," explains Alva.

The new kid on the block is slowly garnering attention in the live music scene. The band has performed a couple of times in Bengaluru.

Initially, the band members kicked off the effort by booking spaces and inviting family and friends, but thanks to social media platforms, the word got out, and folks have been getting in touch with them for gigs. The group consists of Praveen Alva on vocals and acoustic guitar, Abhilash Shet on bass guitar, Anshuman Upadhyay on drums, and Siddharth Pradeep on electric guitar.

Catch Alva Kuuto live today at The Raft, Koramangala.

Alert: Phony traffic police calls

Woman gets calls from conmen posing as cops, threatening to seize her vehicle for not wearing helmet

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On September 3, a woman received a call from a fake police officer saying that if she didn't pay a fine for not wearing a helmet, her vehicle would be seized.

Sagarika received a call at around 8:30 pm from an unknown number. The person on the other side said that she had been called by the Mico Layout traffic police station and asked to submit a fine of Rs 5,000 because she had been caught on camera without a helmet.

"I was shocked because I never leave my house without a helmet, even if I am travelling 100 metre. But then I thought maybe my vehicle had been stolen and someone else was using it. When I checked that my vehicle was still at my place, I got scared," she said.

They even threatened to send a lady police constable to her house to seize her vehicle if she didn't comply. The victim claims that because she never rides her vehicle without a helmet and this is not standard operating procedure for the police, she contacted her acquaintance for help.

"The fraudster who was talking to me made a mistake by saying that he doesn't have any pictures of the violation. I know that any violation is recorded on an app, and a picture is provided as proof. It crossed my mind that someone was trying to trick me, but because it was related to the police and they kept saying that they would call me to the police station, I was scared," she added.

Later, she contacted the actual Mico Layout Traffic Police Station. She contacted them, and they confirmed that nobody from their police station had called her.

They further told her that if she gets another call, she should let them send the "lady police officer" and then call the police station; they'll then come and see who these people are.

> **"I know that any violation is recorded on an app, and a picture is provided as proof. It crossed my mind that someone was tricking me** –Sagarika

She adds that the fraudsters were probably new in the cyber scam business because they kept on making slight mistakes like telling her the wrong vehicle number and faltering while speaking.

"This isn't the first time that I have been scammed. A few months ago, someone scammed me on OLX, and since then, I have been cautious," said Sagarika.

This isn't the first time that this has happened, as scams where people pretend to be police officers have become common in the city.

CRIME FILES

Lover dunnit: Double murder case cracked

Double murder case of a woman and her son was cracked with the arrest of her lover in city, police said on Friday.

Thirty-three-year-old Navaneetha, a call centre employee, and her 11-year-old son Srujan were found dead at their residence in Ravindranagar on Wednesday morning.

The accused, identified as 38-year-old Shekhar alias Shekarappa, is an electrician by profession. The police earlier suspected the role of Navaneetha's husband. Probe revealed that Navaneetha was introduced to Shekhar, and she had an affair with him. She had developed a friendship with another man identified as Lokesh.

After learning about it, Shekhar had an argument with Navaneetha. On Tuesday night, after coming to her residence, Shekar took up the issue again and slit her throat. Later, he smothered her son Srujan to death with a pillow.

The accused had turned on the LPG gas stove and escaped after locking the kitchen room from outside.

Navaneetha hailed from Anantapur in Andhra Pradesh and had been living in the area for the past three years.

She lived separately from her husband, Chandru, for two years as he was a drunkard. They were parents to two sons. Another son studies at a residential school in Andhra Pradesh. **IANS**

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Magadi Road work picks up pace

4-laning of NICE junction to Magadi stretch is in progress

The Magadi-Somwarpet Road works are picking up pace, utilising the Asian Development Bank's second phase of loans under the K-Ship programme. The Magadi Somwarpet road (SH85), spanning 166 km, is being upgraded.

As part of the first package, the four-laning of the Bengaluru (NICE Junction) to Magadi stretch, covering 36.7 km, is underway. From Magadi to NH 75, a 14 km two-lane road will be developed. This road project is being implemented under the Hybrid annuity model. The project commenced in July 2020, with an initial agreement to be completed within 24 months, by June 30, 2022.

However, the project faced delays due to the first and second wave of the covid-19 pandemic. Land acquisition issues further contributed to the delay, followed by heavy rainfall. Currently, the work has resumed, and a new deadline has been set for completion by June 30, 2024.

The four-laning work has been completed for 15 km of the NICE Road junction to Magadi stretch. Development work on other stretches is currently in progress. The ongoing activities include shifting utility lines and the construction of drains, flyovers, bridges, and stormwater drains.

Within this project, a 1.3 km long four-lane flyover is planned at Tavarekere, along with a reinforcement wall. The flyover will span 0.48 km on the Bengaluru road side and 0.55 km on the Magadi road side. Additionally, a viaduct of 0.27 km is planned to connect the Kengeri-Tavarekere-Sondekoppa road. Local residents have urged for changes in the design, leading to an increase in the viaduct length to 0.99 km and adjustments to the RE wall (0.21 km on the Bengaluru road side and 0.10 km on the Magadi road side). The revised flyover project design has been approved with a change of scope permission.

There has been a long-standing demand to decongest the Bengaluru-Magadi road by widening it to a four-lane road, given the significant increase in traffic in recent times. While the road up to Gollarahatti (near NICE junction) falls within the BBMP limits, the stretch from Gollarahatti to Magadi road falls under rural limits. Currently, the BBMP is in the process of widening the road from the Outer Ring Road to Gollarahatti.

Officials have stated that several bridges, including a flyover, are being constructed as part of this project.

The construction of a major bridge across River Arkavathi near Thippagondanahalli (TG Halli) reservoir is underway. The alignment of the road is being straightened where possible, especially beyond Tavarekere, as it passes through valleys.

At TG Halli, a new bridge is being built to facilitate a straighter road. Additionally, a small hillock after TG Halli is being modified to improve the road's alignment, as it was previously winding.

This road widening initiative aims to reduce accidents, as the current narrow road has been a frequent site of accidents. Moreover, the improved road will boost tourism, as it leads to popular destinations such as Thippagondanahalli, Savandurga, and Magadi Fort.

If this road is developed, it can also serve as an alternative route to reach the Kunigal-Mangaluru road. While major roads connecting Bengaluru to Nelamangala, Yelahanka, Hosakote, Hosur, Kanakapura (still under progress), and Mysuru have been widened to four-lane roads, the Magadi road has been neglected thus far. However, Magadi road will soon be redeveloped.

– Prakash VL

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Tips to protect your home when you're on vacation

Before out-of-office message, let's explore the vital steps you can take to protect your house when you're on vacation. After all, a worry-free getaway begins with a well-secured home.

Preparing your home before you leave

- Locking All Entry Points: Ensure all doors and windows are locked securely. Consider deadbolts for added protection and reinforce any weak points in your entryways.
- Home Security System: Install or activate a home security system with motion detectors, alarms, and surveillance cameras. Make sure it's monitored by a professional service.
- Reinforcing Sliding Doors: Sliding glass doors can be vulnerable. Install a bar or rod in the track to prevent them from being forced open.
- Timers for Lights: Set timers for interior and exterior lights to create the illusion of an occupied home during the evening hours.
- Mail and Newspaper Services: Temporarily stop mail and newspaper deliveries or ask a neighbour to collect them for you. Piled-up mail and papers are clear signs of an empty house.

Alerting neighbours and friends

- Neighbourhood Watch: If your neighbourhood has a watch programme, participate and inform them of your vacation plans.
- Sharing Contact Information: Share your contact information and itinerary with trusted neighbours and friends who can reach you in case of emergencies.
- Pet Care Arrangements: If you have pets, arrange for a trusted friend or pet sitter to care for them in your absence.
- Regular Check-Ins: Ask neighbours or friends to periodically check on your home, ensuring everything appears secure.
- Electronic devices and appliances left plugged in while you're on vacation can pose both fire hazards and energy consumption concerns. Taking a few precautions can help protect your home from electrical mishaps and save on energy costs during your absence:

Unplug Non-Essential Electronics:

- Go through your home and unplug non-essential electronics and appliances such as TVs, gaming consoles, chargers, and kitchen appliances.
- This not only reduces the risk of electrical fires but also conserves energy, which can lead to cost savings.

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REARVIEW MIRROR

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No boundaries

So, the stupidity of borders is to finally pay the price. The gazillion groupings that have humanity in categories of convenience, perhaps we are afraid, would not hold forth to face up to the crisis facing civilisation at the moment.

A world pummelled by the climate emergency - devastating lives and mounting unprecedented infrastructural challenges - would do better without boundaries, especially in the human realm. If we have sets of human beings mounting pressure against each other on the back of socio-economic divisions, the pace at which the fallout of the climate crisis can lead us to a wipeout would be swift. The events reported almost daily in the news cycle are a testimony to what's racing towards us at a speed that we could not have imagined even months ago as research report after report warned of the terrifying scenarios that await us. None of those seemed rosy.

That we have an absolutely divided world - socially, politically, culturally, even ethically, and utterly devastated economically - than a unified force of humanity as envisaged by the advancements of tech, is pitiable.

But alas, we have more groupings than ever before in the timeline of the species that each group has become an echo chamber that hardly acknowledges the existence of the other.

The aforementioned conundrum may be of convenience to the members of such cosy groupings but fact is it is extremely dangerous for the longevity of human kind. The fallout of the climate crisis manifesting as extreme weather across the globe appears as though the world has been given a good shake and stir by the weather systems that generate seasonal climate - for instance the ocean currents that witnessed a dynamic transformation thanks to global heating and so forth have perhaps undergone an irreversible reset in a relatively short span of time.

Now what good are the groupings and categories of humans, such as even the nation states, if all of these cannot sort of call for absolute unity at the face of imminent calamitous repercussions of the climate emergency on a scale that has not been witnessed ever before.

For instance, the errant weather scenario is so unpredictable that mini cloudbursts are occurring in small pockets - a sort of micro weather if you like just as societal divisions turn so intricate thanks to social media.

Geographical boundaries drawn up by nations from the time of records, ethnic divisions, sociocultural and economic classifications and most

importantly religious groupings are perhaps the single most critical barrier that shall perhaps hold back the efforts to rein in the aftermath of the climate crisis as the aforesaid groupings come in the way of rescue and relief, sidelining, overlooking or perhaps shortchanging the economically weaker sections, minorities and the disenfranchised stateless and homeless refugees on the run.

That the gravity and fallout of the emergency unravelling are literally moving mountains and valleys but not mountains of thought or action is appalling in the backdrop of summit after summit set back by petty geopolitics that isolate these aforesaid groups - perhaps wholly unwarranted - such as the global south and so on.

These groupings are immaterial if you look at the monument of obstacles building up each passing day - like a new leak appearing when you plug one. If humanity is unable to come together on a war footing, it is apt to say, to borrow the phrase from one of the most popular series of late, we are perhaps in the 'upside down' already. As we speak Hong Kong received reportedly the heaviest of rains in 140 years. Greece, Turkey and Bulgaria are battling floods and torrents after we saw wildfires rage just months ago in these parts. Himachal Pradesh is on the edge.

The G20 summit hosted by India is apparently to be a geopolitical counter act of the United States against China as the Chinese and Russian leaders will be giving the event a miss. Now how does an event like this bring the world together against the catastrophe that can make or break the future of the planet - when the narrative is set largely based on geopolitical outcomes even as authoritarian tendencies go overlooked by the west's own interests; in the meantime the global south is fronted as a pawn for further political skulduggery.

What we need is a global liberation front - an alternative forum that will salvage humanity's bleak future from the hands of demi-god political figures, overtly self important tech tycoons and now obsolete oil barons.

The corporations that have the world in a grim hold are indeed adding fuel to the fire of greed. That we are fed the news of cage-fights between the owners of social media firms when society itself is crumbling under the weight of the vices of its own ultra rich members is a tragicomedy.

Namma Clinics' working hours to be extended

Govt gives green signal to allow clinics to operate from 8 am to 8 pm daily

Sridhar.Vivan
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TWEETS @sridharVMIRROR

Finally, the State Government has given its approval to extend the operational hours of Namma Clinics. Starting with the BBMP region, Namma Clinics are set to operate from 8 am to 8 pm daily. This move is poised to benefit a significant portion of the population by making healthcare more accessible during extended hours.

Minister for Health and Family Welfare Dinesh Gundu Rao said on Friday, "Under the proposed extended hours, Namma Clinics will be staffed with doctors and nurses from 12 pm to 8 pm. This will enable patients to consult with qualified healthcare professionals for a broad spectrum of medical needs during the evening hours, ensuring timely access to medical expertise.

In addition to the extended doctor and nurse availability, Namma Clinics will have lab technicians on duty from 8 am to 4 pm. This provision will allow patients to undergo diagnostic tests and access essential lab services, fostering comprehensive healthcare coverage throughout the day. The extended operating hours and staffing adjustments are set to be implemented at a substantial number of Namma Clinics, specifically 60 clinics. This expansion is expected to alleviate the burden on existing healthcare infrastructure and enhance the overall quality of healthcare services for the residents of Karnataka."

Earlier, Health Commissioner D Ranadeep said that footfall at the clinics tends to decrease during

Healthcare professionals can handle more cases with new timings

regular working hours. He had written to the government stating that extending the clinic timings until late evening, possibly until 8 or 9 pm could encourage more people to seek medical assistance. This initiative aims to accommodate individuals who work elsewhere, allowing them to visit the clinic after their working hours.

A senior health official expressed that numerous requests have been received from the public regarding the extension of clinic hours. "We are currently reviewing these requests and planning to open one or two clinics on a pilot basis to assess the potential footfall. Ultimately, the decision to extend the timings rests with the government," said the official.

These Namma Clinics were initially modeled after Delhi's successful 'mohalla clinics.' However, the current fixed timing model of these clinics offers limited usefulness to

> **Under the proposed extended hours, clinics will be staffed with doctors and nurses from 12 pm to 8 pm** –Dinesh Gundu Rao, minister

patients. Currently, 110 Namma Clinics are operational within the BBMP limits. Surprisingly, these clinics are only open from 9 am to 1.30 pm and 2 pm to 4.30 pm.

Currently, the timing has left many people disappointed. Many patients argue that patients often require urgent medical attention, which shouldn't be constrained by fixed schedules. When the government introduced these clinics, there was an expectation that they would operate 24/7 for the community's benefit. However, the current timing seems impractical.

BBMP bans single use plastic in schools & temples

The Bruhat Bengaluru Mahanagara Palike (BBMP) has imposed a ban on the use of single-use plastics (SUP) within the city's jurisdiction. Despite the issuance of several directives aimed at curbing the usage of SUPs within BBMP's territorial limits, the SUP usage continues to be observed at prominent temples, educational institutions, and public spaces. To address this issue comprehensively, the BBMP has issued a set of directives on Friday targeted at schools, colleges, and temple trusts, aiming to bring about meaningful change.

"Firstly, all educational institutions and temples located within the BBMP's purview are mandated to install signages or informative boards that unequivocally communicate the SUP ban within their premises. Failure to adhere to this directive will result in penalties as specified under the BBMP Solid Waste Management (SWM) Bye-Laws. Furthermore, these institutions are strongly encouraged to proactively devise and implement effective strategies for the gradual phasing out of SUPs," read the circular.

It also said that this process was integral to the transition toward sustainable practices that prioritise environmental well-being.

"It is incumbent upon these institutions to meticulously enforce the amended Plastic Waste Management (PWM) Rules-2016 and the state-specific bans that pertain to identified SUP items. Ensuring compliance with these regulations is essential for the success of the SUP ban initiative," the circular said adding that to promote environmentally responsible choices, institutions are urged to educate their communities about viable alternatives to SUPs, such as the use of cloth or paper materials. To facilitate this educational effort, advisory guidelines issued by the Karnataka State Pollution Control Board (KSPCB) pertaining to banned items and their alternatives should be disseminated widely for clarity.

> **Palike wants to address continued use of banned material in a more holistic manner**

"For effective implementation, schools, colleges, and temples must take robust measures to enforce PWM Rules-2016 (amended) and SUP ban orders within their respective campuses. This entails proactive monitoring, strict adherence to regulations, and appropriate action in cases of non-compliance. In cases of non-compliance or violations of the directives and previously issued orders, penalties and appropriate actions will be enforced as deemed necessary by the authorities," the circular added. —BMB

Green signal to 5G connections at select metro stations

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TWEETS @BangaloreMIRROR

Metro users will soon get a 5G signal connection at some metro stations. The Bengaluru Metro Rail Corporation Limited (BMRCL) has extended the deadline for the tender from August 31 to September 7 for 5G signal connections at chosen metro stations in the city. In a bid to provide a digital experience for commuters, BMRCL has decided to lease space on metro pillars for the installation of cellular towers to provide high-speed 5G internet access.

"On the metro pillars, cellular towers for 5G will be installed. We called the cellular companies to receive bids for the same. The cellular companies need to specify the space required on these metro pillars and the exact routes where these towers will be erected," said Anjum Parwez, the Managing Director of BMRCL. Parwez clarified that the pillars along the existing network are being considered for the project and separate tenders will be called for the new lines in future.

BMRCL hopes to earn non-fare revenue by leasing space to companies

BMRCL asks cellular companies to send bids to set up 5G towers at pillars; they need to specify space required and exact routes

Currently, two telecom operators Airtel and Jio are offering 5G connectivity. BMRCL hopes to generate significant non-fare revenue by licensing space to these telecom operators. Seeing the success in other cities, this model is being tried in Bengaluru.

"It's being tried out in other cities and depending on the space and the city, they are earning around Rs 5,000 per pillar. Depending on the number of pillar spaces requested, BMRCL will be able to generate non-fare revenue," Parwrez said.

He added, "Right now, we are looking at licensing space for pillars alone but in future, depending on the requests, we might consider inside metro stations as well."

Parwez also added that propping on pillars will provide wider coverage, "By installing on pillars, they will provide connectivity for a larger area. It will cover everyone travelling in the area. Distance-wise, the coverage of the 5G network is less. This way, people travelling in metro trains will get continuous 5G connectivity and people travelling on roads beneath via ducts will also get 5G connectivity." BMRCL has already upgraded 29 out of its 65 underground stations with the needed infrastructure to supplement 5G connectivity. The new Kochi Waterway has also been enabled with Airtel 5G Plus.

SIM strategy to block cyber crimes

As of now, Bengaluru police have blocked 16,000 SIM cards used to trap people

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With the trend of increasing cyber crimes in the city, city police have started blocking SIM cards that were involved in cyber crimes. As of now, police have blocked 16,000 such SIM cards.

As conmen devise newer methods to trap people, more citizens are falling for such scams. As of now, Bengaluru city has 9,242 cases of cyber crime from January till July this year.

Cops decided to come up with a new strategy of blocking SIM cards after the Central Government move to place curbs on bulk sales of SIM cards. Police officials say that earlier the same SIM card would be used multiple times for committing cyber crimes.

"We are receiving complaints under the National Cyber Crime Reporting Portal (Helpline Number -1930). We started blocking SIM cards that were involved in cybercrimes since last month. As of now, we have blocked 16,000 SIM cards in this regard. Cases are reported on 1930 and police stations and we collect details regarding the SIM cards involved. Police stations are collecting the data and submitting it to DCPs concerned and finally, the Command Centre blocks the SIM cards," said a senior police official.

He added that with more curbs on SIM card procurement, the measure is expected to be effective. "As per the recent notification by the telecom minister, bulk sales of SIM cards have been curbed. The SIM card dealership has to be verified by police officials. If we block one card, they can't use another one for committing crimes," he added.

According to police, people often fall for such crimes as they want to make a fast buck or because they panic due to threat calls

The Department of Telecommunication has mandated that the SIM card dealers be registered with telecom operators. The government has also discontinued the bulk issuing of SIM cards for businesses and replaced it with a thorough Know your Customer process. Both the business and person providing the SIM will be mandated for KYC.

In case of any illegal activity, the dealership will lose its licence for three years.

> "Police stations are collecting the data and submitting it to DCPs concerned and finally, the Command Centre blocks the SIM cards
>
> –A police official

Rise and rise of crime

Police officials say that cyber crime cases are on the rise. They say that citizens are falling prey to cyber fraud due to a lack of awareness and a desire to become rich in a short span.

"People want to get rich overnight and are falling prey to such frauds. As everything moves online, people should be very careful. People are also using simple passwords that are easier for cybercriminals to crack. Many also panic easily when they hear fraud calls claiming to be from 'Interpol' but they should call the local police or the 112 helpline. There are many cases of fraud involving loan apps and many end up even ending their lives due to that," said an official.

In recent days, police officials have seen a rise in 'job fraud'."People are approached for doing work from home to earn money. They are provided a task, for instance, they are asked to like a video or click on a link. They send a message on WhatsApp or any social media account. They may send a YouTube link and ask people to like the video. They are asked to put Rs 100 and get Rs 50 also. Initially, the cyber criminals pay back and when the amount starts multiplying to Rs 10,000-Rs 20,000, they stop paying. Victims keep waiting to receive the money but they get cheated," he added.

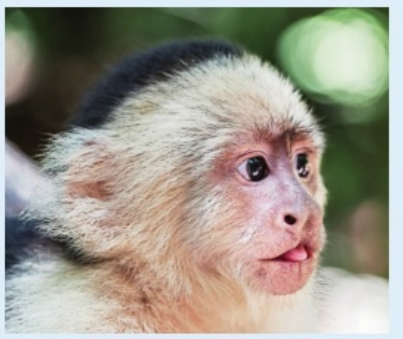
Customs haul: Exotic animals at airport

Customs officials at Kempegowda International Airport in Bengaluru on Wednesday seized 55 ball pythons, 17 king cobras and six capuchin monkeys, officials said.

While the pythons and cobras were alive, the monkeys were found to be dead, they said.

According to a statement by the Bengaluru Customs, the animals were stuffed in baggage and arrived on an Air Asia flight from Bangkok (Flight Number FD 137) which landed at Bengaluru airport at 10:30 pm on Wednesday.

PIC FOR REPRESENTATION ONLY



By the time officials seized them, the capuchin monkeys had died

"The baggage which arrived by Flight No. FD 137 Air Asia from Bangkok at 10:30 pm was found to contain a total of 78 animals comprising of 55 Ball Pythons (in different colour morphs) and 17 King Cobras. These were found alive and in active condition. However, six (06) Capuchin Monkeys were found to be dead," the release by the Bengaluru Customs read.

All the said 78 animals are Schedule animals under the Wildlife Protection Act, 1972 and listed under Appendices of CITES, it added.

The animals were seized under Section 110 of the Customs Act, 1962. The live animals have been deported to the country of origin and the dead animals have been disposed of with proper sanitary measures, the statement read.

Further investigation is under progress. –ANI

B'luru lakes plagued by disturbing fish deaths

City witnesses 32 fish kill incidents since 2022, 16 this year alone

In the last three months, Kundalahalli Lake has witnessed two fish kill incidents, causing alarm among residents and activists

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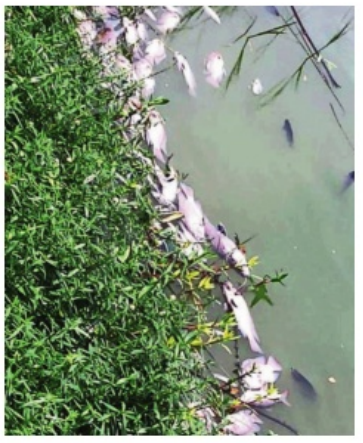
The city's lakes are grappling with a severe ecological crisis marked by a surge in fish kill incidents. In just the last three months, Kundalahalli Lake has witnessed two such incidents. In total, 16 fish kill occurrences have been reported this year across various lakes, causing alarm among residents and environmental activists.

The first incident took place in June, and another struck in September, despite the BBMP's extensive efforts to restore the lake. A concerned Kundalahalli resident reported a significant fish kill just three days ago to local authorities. However, the distressing sight of dead fish in the water remained unaddressed, raising questions about the lake's conservation efforts.



"While substantial resources are spent on diverting sewage, we neglect the maintenance of inlets and outlets, allowing debris and silt to accumulate
– Raghvendra Pacchapur, lake activist

The residents pointed out that despite the lake being restored a few years ago and even though a sewage treatment plant exists, the lake's water quality is still deteriorating which is leading to fish kill incidents. In the last three months, the lake has been falling under class E, from the Karnataka State Pollution Control Board water quality analysis report. The Class E is designated for the use of irrigation, industrial cooling and controlled waste.

Raghvendra Pacchapur, a lake activist said, "The stormwater drains remain clogged, allowing silt to flow into the lakes during heavy rains. This influx of muddy silt elevates water toxicity and likely contributes to mass fish fatalities."

Pacchapur also lodged a formal complaint with the KSPCB. He also highlighted a concerning oversight in lake maintenance, stating, "Maintaining lakes involves more than just surface cleanliness; it requires a thorough ecological assessment. While substantial resources are spent on diverting sewage, we neglect the regular maintenance of inlets and outlets, allowing debris and silt to accumulate."

So far the city has witnessed a staggering 32 fish kill incidents since 2022, with 16 occurring this year alone. Lakes such as Iblur Lake, Seetharampalya Lake, Chelkere Lake, Madiwala Lake, Doddakalasandra Lake, Bhattrahalli Lake, Somasundrapalya Lake, Kothanur Lake, Lower Ambalipura Lake, Ullal Lake, and Kundalahalli Lake have all fallen victim to this crisis.

"Clogged drains in areas surrounding the lakes prevent rainwater from replenishing them, exacerbating the issue. Lakes require a multifaceted approach like monitoring, drainage system maintenance, and stricter oversight of sewage management," said a resident adding that the city lakes are not monsoon-ready.

When contacted by the BBMP lakes team, the official stated that they are aware of the recent fish kill incident and stated that the fisheries department should go forward to test the water quality when there are such incidents and it is not under the BBMP's control.

State deploys tech solution to fight dengue

In a bid to combat the rising dengue cases in Karnataka, particularly in Bengaluru, the state government took a significant step on Friday by unveiling a disease surveillance dashboard and a corresponding mobile application. The inauguration of this crucial tool was led by State Health Minister Dinesh Gundu Rao and held at the ARTPARK office located on the Indian Institute of Science (IISc) campus.

The Department of Health and Family Welfare, Karnataka Government (DHFW-GoK), and the Bruhat Bengaluru Mahanagara Palike (BBMP) have joined forces with the AI and Robotics Technology Park situated at the Indian Institute of Science (ARTPARK@IISc). Their collaboration aims to harness predictive analytics and aid policymakers and public health authorities in anticipating disease outbreaks and effectively overseeing disease control measures, as stated in an official release from the state's Health ministry. The disease surveillance dashboard will provide a map of outbreaks across Karnataka at the district and sub-district levels along with case trends across years.

A four-week predictive risk map of outbreaks will also be made available to state and district officers. In addition to predictions, data from multiple sources is being standardised and streamlined for improved analysis.

To capture real-time data from on-ground surveys, DHFW-GoK and BBMP will leverage mobile apps. Both the dashboard and mobile app are focused on Dengue, to begin with, and the aim is to expand to additional diseases in the future.

DHFW-GoK and BBMP have been always at the forefront of implementing technology-based solutions for disease management, their work during COVID-19 has been a great example of it.

As the world grapples with the multifaceted impact of climate change, the rising burden of Dengue fever is an alarming indication of the public health consequences. In India, which is home to a third of the global Dengue burden, the last few seasons of Dengue have been unprecedented, both in the number of cases and geographic coverage of the disease.

The disease surveillance dashboard is developed for policymakers and public health decision-makers for monitoring at the district and state levels, to provide advisories and enable data-driven policymaking; district health officers, surveillance officers and programme officers for day-to-day management, monitoring, interventions and resource planning.

The mobile application is being developed for Asha workers to streamline survey-related activities (fever survey, larval survey, house-to-house health survey etc...).

Health Minister Dinesh Gundu Rao had said on Thursday that 4,427 dengue cases have been detected to date this year in Bengaluru alone, adding that the cases will now be monitored through an app which will be released on Friday. In Bengaluru, 1,649 dengue cases were reported in July, and 1,589 in August, while 416 cases have been reported so far in September. The disease is spreading due to stagnant rainwater, a BBMP official said. — IANS

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Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Lighting troubles
Jayanagar

The stretch between 36th Cross and 38th Cross in Jayanagar's 5th block, Ward 179, has reported that several two-sided LED bulbs are malfunctioning.

Signage error
Nandini Layout

BBMP's attention to detail in placing street name boards falls short as 4th Crossroad is inaccurately marked as 23rd Main Road in Srinivasa Nagar, Nandini Layout.

Safety risks
Arekere

The footpath near Arekere signal is in a deteriorated state, raising concerns over the impending metro expansion and the absence of proper pedestrian pathways.

Grand procession

Car procession by pilgrims for St. Mary's Feast celebration at St Mary's Basilica church in Shivajinagar on Friday. Lakhs of devotees gathered at the church and joined the procession. The feast celebrates the birth of Mother Mary. Festivities go for nine days and 10th day culminates with the procession

BJP, JD(S): Meeting of minds

Parties inching closer to alliance ahead of Lok Sabha polls, BJP agrees to give 4 seats

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With Lok Sabha elections less than a year now, the Bharatiya Janata Party (BJP) and Janata Dal Secular (JD(S)) are likely to join hands, as both parties seek to challenge the Congress party. For quite some time, the alliance talks were on even though both parties had not officially acknowledged it. JD(S) supremo HD Deve Gowda had recently met Union Home Minister Amit Shah which sparked off the tie-up talks.

JD(S) is set to hold an important meeting on September 10 to chalk out further details. Former Chief Minister and senior BJP leader BS Yediyurappa acknowledged the ongoing discussions by stating that the BJP might leave four Lok Sabha seats for the JD(S). Yediyurappa's statement suggests that the BJP and JD(S) are inching closer to an understanding. He added, "Amit has agreed to give four Lok Sabha seats to the JD(S). This has given us great strength, and together we aim to win 25 or 26 Lok Sabha seats," BSY said.

However, sources say that JD(S) is demanding five seats; Kolar, Bengaluru Rural, Chikkaballapur, Hassan and Mandya. Out of the five, BJP had won two seats last time and JD(S) had won two seats. Even though the BJP MP S Muniswamy won from the Kolar, the JD(S) has a stronghold in the Kolar parliamentary segment. Hence, the BJP might have a tough task in hand if it goes alone in Kolar. Bengaluru Rural has been a stronghold of Congress where DK Suresh, brother of DK Shivakumar had won from the last time. As the Congress is quite strong here, the BJP's chances are quite low of winning the seat. However, the tie-up may be a booster as JD(S) is quite strong in Ramanagar district and BJP is stronger in the Bengaluru city constituency which is also part of the Bengaluru Rural. In Chikkaballapur, the BJP had won last time. However, the BJP MP BN Bache Gowda has been distancing from the party ever since his son Sharat Bache Gowda won the Hosakote Assembly segment as an independent and later won it as a Congress candidate. So, the BJP has to find a new face but JD(S) wants a hold on this seat. On the other hand, Hassan district is a stronghold of the JD(S), where HD Deve Gowda's grandson Prajwal Revanna had won last time.

The BJP is eager to retain Mandya, where independent MP Sumalatha had won the seat during the last elections against JD(S) candidate Nikhil Kumaraswamy. However, JDS maintains a strong presence in Mandya. If the BJP offers Sumalatha a ticket, she may consider joining the party. Now, it needs to be seen as to how both parties will iron out the differences to join hands for the next elections if it is formalised.

Talks have been on between top leaders of BJP and JD(S)

The BJP swept the 2019 Lok Sabha polls in Karnataka by winning 25 seats, while an independent backed by it won one seat. The Congress and JD(S) emerged victorious in one seat each.

Meanwhile, on Friday, Deputy Chief Minister DK Shivakumar hinted at the possibility of prominent leaders defecting from the BJP and JD(S) to join the Congress. Shivakumar welcomed former BJP MLA Sukumar Shetty, who expressed his intent to join the Congress due to disillusionment with the BJP's internal issues. Shivakumar stressed a cooperative disavowing any inclination towards strategies like 'Operation Hasta' or 'Operation Lotus'. Instead, he extended a hand of friendship, asserting that those who believe in the Congress party's leadership, ideology, and initiatives, such as the Bharat Jodo Yatra, would be embraced.

When pressed for specifics regarding the number of leaders poised to switch sides, Shivakumar refrained from providing figures but highlighted the increasing trend of opposition leaders openly expressing their intentions. As for the timing of their induction into the Congress, Shivakumar stressed the importance of choosing an auspicious moment for their benefit. He underscored the transitory nature of politics, emphasising that alliances and rivalries can swiftly change. Shivakumar highlighted the pragmatic considerations that influence leaders' decisions.

Prajwal case: HC reserves judgement

The High Court of Karnataka reached a conclusion on Friday regarding the arguments presented in the application filed by Prajwal Revanna, the disqualified Member of Parliament representing Hassan. The judgment was reserved and Justice K Natarajan who heard the application is expected to pronounce it either on September 11 or 12.

The election of the grandson of the former Prime Minister H D Deve Gowda was declared null and void on September 1 by the HC, which had partly allowed two election petitions that had challenged his election in the 2019 Lok Sabha elections on grounds of election malpractice. Prajwal Revanna has sought a stay on the September 1 judgment so that he can approach the Supreme Court with an appeal.

The basis of the challenge against Prajwal Revanna's election revolved around accusations of him providing false information to the Election Commission in the election affidavit he had filed, allegedly concealing the actual value of properties he owned. The election petitions were filed by the defeated candidate, A Manju, and advocate Devarajegowda in two separate petitions. -PTI

State-wide agitation planned

Calling the Congress government in Karnataka "corrupt and anti-people", veteran BJP leader B S Yediyurappa on Friday announced a state-wide agitation, as part of which he along with party leaders will travel across the state. The former CM accused the Congress government of failure to support farmers during drought and to safeguard the state's interests concerning the release of Cauvery River water to neighbouring Tamil Nadu, facing water scarcity. He said this at a meeting held here to protest against the Congress administration led by Chief Minister Siddaramaiah.

"Our fight against this anti-farmer government has begun from today. We waited for the past hundred days expecting some improvement in the administration, but they have indulged in corruption and completely forgotten the public good," Yediyurappa said. State-wide protests were launched today at all district and taluk centres, he added. Addressing the meeting, he said that on September 16 he along with other leaders will begin a tour programme from Kurudumale in the Kolar district and go on to visit every district in the state.

Former chief ministers Basavaraj Bommai, Sadananda Gowda, and former ministers Govind Karjol, R Ashok, and C N Ashwath Narayan also took part in the protest. -PTI

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

HARD WORK

An Indian palm squirrel making its way up a terminalia catappa tree to enjoy the fruits

The picture was clicked by BM reader **Sridhar Comaravalli**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

DID YOU KNOW?

Kengeri is one of the most well-known suburbs in Bengaluru. It is said that in the past, the area has been ruled by various dynasties, including the Chola, Marathas, Hoysala, and Vijayanagara empires. Kengeri is derived from the Kannada words tengu and keri, which mean coconut and place, respectively. It is also noted that the area was popular for sericulture during Tippu Sultan's reign. Currently, the area is well connected to other parts of the city by BMTC buses and has a railway station. It also has Kengeri Satellite Town, which was developed by BDA. It also has an ancient temple known as Eshwara Temple, which has Tamil inscriptions.

GET HEARD WITH MIRROR

9591233247

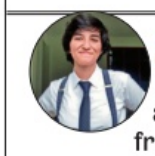
Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

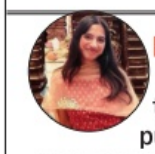
where Bengalureans speak their mind

What can help the general public increase their trust and dependence on public transportation?

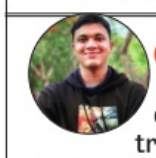
Rupam Shukla, BM Reader
Affordable, safe, and comfortable public transportation, ensuring that it is easily available and time-saving, will increase the demand for public vehicles in the city.



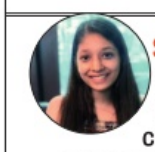
Ananya Zharotia, BM Reader
Development in terms of fast, affordable, and convenient infrastructure, as well as increasing security in modes of public transport, might create demand for public transportation.



Rithu Athreya, BM Reader
Primarily, a measure that can be taken to increase patronage of public transport would be to maintain the vehicles in a much better way. A lot of people don't prefer using public transport because it is often considered unhygienic, and the safety of public transport, especially for women, is constantly under threat.



Chiranthan, BM Reader
The city needs to invest in expanding and upgrading its public transportation infrastructure. This includes increasing the number of buses as well as the frequency of these buses.



Suhani Goel, BM Reader
With the amount of traffic that's increasing day by day in the most commercial areas, better and more varied options for shared transport should be adopted by individuals. That also requires a role from the government to provide cheaper options for people, even to cover shorter distances.

Hardik, BM Reader
To effectively reduce the dependence on individual vehicles and bolster patronage for public transport, a comprehensive and realistic approach should be pursued.

SPEAK TO US

Would you say carpooling is an effective way to sort out city's traffic and transportation issues?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

This junction is lost in mayhem

Absence of traffic police and traffic lights turns Dommasandra Circle into chaotic nightmare

Sridhar Vivan
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Dommasandra Circle is facing several problems, and despite having a lot of traffic, the authorities haven't fixed them.

A reader of BM said, "The road near Dommasandra Circle on Sarjapur Road is in bad shape. It has big potholes that can be dangerous, and the authorities haven't paid much attention to this area even though many people live here. The road is also very dusty."

Meanwhile, residents and motorists traversing Sarjapur Road are growing increasingly frustrated with the traffic woes plaguing Dommasandra Crossroads. They're now calling for immediate action from the traffic police, demanding the installation of traffic signal lights and the deployment of officers to manage the chaotic situation.

Vehicles approach from all directions at Dommasandra Circle; the condition of the road is also deteriorating

Shiva Kanakala, a resident, voiced the collective frustration: "Dommasandra Crossroads has become a focal point of concern for the local population due to the myriad problems it poses to commuters and residents alike. The escalating traffic congestion on this route, particularly during school and office hours, has created an untenable situation during peak times. The unregulated and continuous flow of vehicles has led to excessively long waiting times for schoolchildren, commuters, and residents, causing widespread inconvenience."

The absence of traffic police and signal lights has turned this junction into a chaotic nightmare. Vehicles approach from all directions, each vying for priority, resulting in traffic jams that make daily commuting a harrowing experience. There's a constant fear among residents and commuters that accidents could occur at any moment.

Another resident said, "Despite numerous requests for intervention, it appears that no substantial steps have been taken by the authorities. To make matters worse, the condition of the road itself is deteriorating, compounding the challenges faced by motorists. Hence, we are urging the traffic police to address the situation urgently by installing traffic signal lights and deploying officers to manage traffic flow effectively. The safety and convenience of the local population depend on swift action to fix the issue."

HEALTH TIP: Saffron has anti-inflammatory, antioxidant, and antidepressant properties

Pomegranate is rich in antioxidants, which reduce inflammation and cell ageing, and increase sexual drive

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THE REAL SLIM SHADY

Polycystic ovary syndrome sufferers exposed to bad weight loss advice on social media

Polycystic ovarian syndrome (PCOS), a hormonal condition which affects how the ovaries work, is thought to affect 20% of women worldwide. Yet despite how common the condition is, and the serious effect it has on women's health, researchers still aren't completely sure what causes PCOS – let alone how best to manage and treat the condition.

Alongside taking hormonal therapy, most guidance states weight loss is one of the best ways to manage PCOS. Even just a 5% loss of body weight is shown to improve symptoms. Weight loss can also help reduce risk of developing more serious health problems related to excess weight, such as type 2 diabetes, high blood pressure and sleep apnoea.

But hormonal imbalances linked to PCOS can make it difficult for women to lose weight. Historic underfunding for PCOS-centred research also means there's a serious lack of reliable, evidence-based guidance on the best ways to lose weight – and what PCOS symptoms may improve as a result.

This leads many women to turn to the internet, where diet advice is abundant. But this information is often profit-driven and potentially grounded in misinformation. Not only does this questionable diet advice provide false hope for people with PCOS, it may also be putting them at risk of harm – including disordered eating.

Social media and PCOS

There are almost half a million posts on Instagram under the hashtag #pcosdiet. On TikTok, videos with this hashtag have over 470 million views.

You need only scroll through this hashtag for 30 seconds to be faced with dozens of posts containing contradictory information from self-proclaimed "experts". Many offer lifestyle advice, diet or exercise programmes promising improvements to symptoms – and even reversal of PCOS (which cannot be cured).

Only a small fraction of these posts (around 1.4%) are estimated to be made by registered dietitians. This leaves audiences vulnerable to misinformation.

While social media can act as a support system for people with PCOS, many women find the way weight loss is sometimes depicted on social media as easily achieved with the right diet or exercise regime to be discouraging.

Not to mention that many social media posts discussing weight management are created by young, white, female-presenting users who promote aspirational bodies and lifestyles. Many #pcosdiet content creators appear to fit this brief, which does not accurately represent many of the people who have PCOS.

Narratives shared online often describe long struggles with PCOS symptoms, (including weight issues) until the user found the "key" to fixing their symptoms – with before and after pictures showing substantial weight loss. Intended as motivational, the result is often detrimental.

Women with PCOS often describe long, complex and frustrating relationships with weight management strategies. Previous difficulties with weight loss make it hard to keep trying – risking frustration and fatigue, potentially worsening body image and mental health issues.

The diets championed by online influencers vary, ranging from ketogenic diets to anti-inflammatory or vegan diets. But while research studies have investigated low-carbohydrate, calorie-restricted, Mediterranean and vegan diets to see what effect they have for people with PCOS, there's no definitive evidence that any one diet is best.

Rather, the evidence suggests that the more weight lost, the greater the improvements in the hormonal profiles and symptoms of PCOS – including the number of periods a person has.

There's also worry that the promotion of certain weight loss drugs by influencers on social media – specifically semaglutide, sold under the brand names Ozempic and Wegovy – may lead to an uptick in unsupervised use among women with PCOS. This is especially concerning, given the lack of evidence for the long-term risks and outcomes of these drugs.

This information – and misinformation – may make women with PCOS feel discouraged when trying these diets, only to find they don't achieve the same results as their favourite influencers.

Need for research

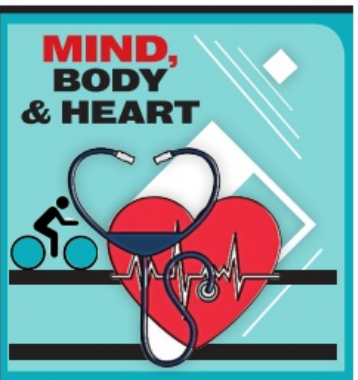
The lack of precise information on weight loss for people with PCOS is largely due historic underfunding for women's health research. Over the last decade, research funding allocated to PCOS has been less than half of that allocated to research for equally or less common health conditions – such as rheumatoid arthritis.

This lack of funding also means that few research studies have investigated the PCOS symptoms that people find most distressing – such as male-patterned hair growth and irregular periods. This means people with PCOS have even less information about how to best manage these symptoms.

There is currently research being conducted into whether the same lifestyle changes that help people with type 2 diabetes achieve remission can also help people with PCOS. But there's still a clear need for more investment and research into PCOS.

If weight loss is one of the best steps to take to manage your PCOS symptoms, the research needs to catch up, or we risk women turning to more dubious online sources. We need high-quality evidence to support people with PCOS about their dietary options, to help them make informed decisions about the best diet for them.

(By Jadine Scragg, Cervantee Wild and Sharon Dixon, University of Oxford, The Conversation)



All you need to know about...

Cyberbullying

Eating disorder risk
Cyberbullying can be associated with a higher risk of experiencing eating disorder symptoms in 10–14 years old, finds study.

Trouble for both parties
The research indicates that both being a victim of cyberbullying and perpetrating cyberbullying are associated with the high risk of experiencing eating disorder symptoms, such as worrying about gaining weight, tying one's self-worth to weight, binge eating, and distress with binge eating.

Issues of self-esteem
"Cyberbullying could lead to low self-esteem, body image dissatisfaction, and unhealthy attempts to control weight, which could impact the risk of mental health issues, including eating disorder symptoms," said lead author Chloe M. Cheng, medical student at the University of California, San Francisco (UCSF).

The study
The study, published in the International Journal of Eating Disorders, is based on the data from 11,875 children aged 10–14 years old in the US. The children answered questions about whether they had experienced cyberbullying victimisation and perpetration, as well as whether they had experienced eating disorder symptoms.
About 9.5 per cent of the adolescents in the study reported experiencing lifetime cyberbullying victimisation, and 1.1 per cent had experienced lifetime cyberbullying perpetration.

Some advice
Cheng also suggested clinicians consider assessing cyberbullying and eating disorder symptoms in adolescence and give anticipatory advice.
Jason Nagata, paediatrics professor at UCSF suggested "adolescents to limit social media that encourages disorders and appearance comparisons".

—IANS

We are losing drop count

CONTINUED FROM PAGE 1

intend to use groundwater for purposes of industry, infrastructure, commercial, entertainment, and other uses, should obtain NOC. There is no point in bringing in a rule but not implementing it," said V Ramprasad, a city-based groundwater expert.

According to the notification, no new industry would get permission to extract groundwater, and direction was issued to all existing commercial entities extracting groundwater to register for a NOC by April 30, 2021.

Experts underline, that the rule, if had been implemented in true spirit, would have given an idea about the amount of groundwater being extracted.

Direct estimate

"While groundwater extraction can be estimated by the amount of sewage generated and Cauvery water supply to the city, a direct estimation would give us more confidence in devising ways to manage water resources. It will also help in regulating groundwater usage and will put a check on the overexploitation of this precious natural resource. Based on this finding, KGWA can then cap groundwater usage," said a city-based expert.

Experts say capping maximum water consumption by commercial establishments and devising tariff slabs can be the next logical step to regulate groundwater usage. Every

commercial establishment, including housing societies with high water requirements, should get a water budget.

"A commodity that is available at a low or subsidised rate will never be used wisely by commercial entities. The Bangalore Water Supply and Sewerage Board (BWSSB) should consider imposing groundwater tariff slabs on the lines of the electricity tariff. For instance, an establishment withdrawing more water than permitted should be charged dearly. That is when more people will use this resource judiciously. It will also ensure equitable distribution of water," added Ramprasad.

Follow rules or give up driving licence

CONTINUED FROM PAGE 1

through 12 Regional Transport Offices (RTOs) spread across the jurisdiction. It is here that the traffic department forwards its recommendations for licence suspensions. A senior police officer explained that while they can penalise traffic violators and suggest licence suspensions, the ultimate authority to grant or revoke licences rests with the transport department.

Responding to these concerns, AM Yogesh, the Transport Commissioner, said, "I will investigate the pending requests from the traffic department for license suspensions. I will engage in discussions with the relevant officials to understand why these suspensions have not been initiated yet."

Surprisingly the traffic department has not limited its recommendations for licence suspensions solely to individuals who have been caught erring behind the wheel. Surprisingly, their records show that they have also taken action against those who were not at the time driving vehicles, often holding parents accountable for enabling underage driving. Consequently, the list of recommended licence suspensions includes the names of a few parents as well. "In light of these developments, it is essential for all motorists to remain vigilant on the road, adhering to traffic rules and regulations to avoid potential licence suspensions and legal consequences," said an official.

Licence suspension duration

The duration of licence suspension, according to a police official, typically spans from three to six months. This measure has been put in place to serve multiple purposes, including enhancing road safety, instilling traffic discipline, and creating a sense of caution among errant drivers. "Under this system, those whose licenses are suspended are prohibited from operating vehicles for a specified suspension period. The exact duration of the suspension can range from three to six months, depending on the specific circumstances of the violation. If individuals disregard this suspension and are caught driving during this period, they may find themselves facing penalties of up to Rs 5,000. Additionally, their vehicles could be subject to impoundment under the provisions of the Motor Vehicles Act. In more serious cases, individuals may even be subjected to criminal charges for engaging in reckless and negligent driving without a valid licence. Such legal action falls under the purview of the Indian Penal Code. Once the suspension period comes to an end, offenders can regain their driving privileges. However, for those involved in cases of drunken driving, there is an additional requirement. They must undergo a vehicle fitness examination, which is administered by officials from the Regional Transport Office (RTO). Following this examination, they are obliged to participate in a driving test, which necessitates the payment of applicable fees. Successfully passing this test allows them to have their driving privileges reinstated. However, if they fail the test, the authorities may take the step of revoking their licences," said an official.

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CHANGE OF NAME

I, HEPSIBHA EVANGILINE GOLLAPALLI JEEVARATHNAM., W/o Nagaraj Rachaiah R/at Flat No.5009 215 R S Sanchike apartments Bande Mutt Layout Kommagatta Road, Kengeri, Bengaluru -560060 have changed my name to GYAANI RITHI vide affidavit dated: 8/9/2023 Before Notary K.V. Mani Bangalore.

I, MANCHALA RAMADEVI D/o Manchala Ramanaiah, residing at Flat 402, Perody MVB County, Kodichikkena halli, Bengaluru - 560076 have changed my name to KOLLA RAMADEVI, vide affidavit dated 02.09.2023 sworn before notary G. Dayananda, B.lore

I, Rajashekar Edavalapati Shankar Naidu R/o 309, 4th main, 7th cross, Srinivasanagar, Bengaluru 560050 have changed my name to Rajshekar Edavalapati Shankarnaidu affidavit Dt.08/09/2023 notary Harisha G, B'luru

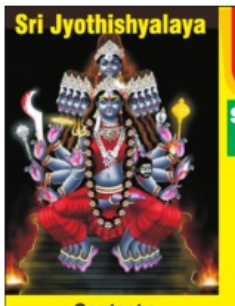
I, MOHAMMED HANEEF ABDUL SALAM, R/a #5/4, 2nd Floor, Thimmaiah Road, Shivajinagar, Bangalore-51. I, have changed my name to, MOHAMMED HANEEF , Vide affidavit, dated 7/09/2023 Sworn before Notary: L. Gopalakrishna, Bangalore

I, VEDAVATHI W/o Srini vasamurthy C.M residing at Choudanapalya, Thippasandra Hobli, Gangonahalli, Rama nagar-562131 have changed my name to VEDAVATHI M vide affidavit dated 06.09.2023 before notary G.R Rajanna, B.lore.

I, Shaikh Mohammed Ahmed S/o Shaikh Mohammed Rizwan R/a 23/5, Flat no 202, 2nd Cross, MCECHS layout, 1st Phase, Dr.Shivarama Karanth nagar, Bangalore 560077. I have changed my name to Mohammed Ahmed. Vide affid avit dtd 04-09-23. Sworn before notary H. Sridhar Roa B'lore.

I, Devashish Siva S/o Siva Purushothaman R/o Room No.37, Ashwini Hostel, IISc, C. V. Raman Road, Bengaluru, Karnataka-560012 have changed my name to Siva Devashish P for all future purposes.

GALLERIA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I-CRR to be discontinued
The Reserve Bank of India on Friday announced that it will discontinue incremental cash reserve ratio (I-CRR) in a phased manner

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G20 gathers in spruced-up Delhi

Leaders will try to get to agreement on issues such as Ukraine war, climate and global governance

Illuminated Bharat Mandapam ahead of the G20 Summit, at Pragati Maidan, in New Delhi, on Friday

#NEW DELHI

US President Joe Biden and other G20 leaders gathered in New Delhi on Friday for their annual summit, as deep divisions between heavyweight members and a no-show by China's Xi Jinping called the bloc's relevance into question.

The Group of 20 was conceived in the throes of the 2008 financial crisis as a way of managing the global economy.

But finding consensus among members has been increasingly difficult in recent years.

With India's capital spruced up and partly emptied of people for the occasion, the host scrambled for last-minute agreement on vexed issues including the Ukraine war, climate and global governance.

United Nations Secretary-General Antonio Guterres warned leaders that their ongoing squabbles risked stoking conflict and corroding public trust.

"If we are indeed one global family -- we today resemble a rather dysfunctional one," Guterres told reporters in New Delhi. Even before it began, the importance of the G20 summit was called into question when China's Xi decided to skip the meeting and send his number two, Premier Li Qiang instead.

No official reason was given for Xi's absence, but the Asian giants have been at loggerheads over a border dispute and other issues, while Beijing is seeking to make US-led groupings such as the G20 more amenable to its own interests.

With India's capital spruced up and partly emptied of people for the occasion, the host scrambled for last-minute agreement on vexed issues

Guterres insisted countries must assume responsibility regardless of "whether it's the president or the prime minister or the vice president that comes" to New Delhi.

But a failure of G20 leaders to agree a joint summit statement, a once routine diplomatic affair, would be a major embarrassment for the host.

Prime Minister Narendra Modi has painted the summit as his country's diplomatic coming of age -- evidence of New Delhi's clout and prestige on the global stage.

The Indian leader, sensing an opportunity to burnish his credentials as a statesman ahead of a re-election tilt early next year, has also thrust himself front and centre of proceedings.

His image adorns countless G20 billboards and posters plastered around the capital.

Modi does look set to secure one notable diplomatic victory, with several leaders expressing support for expanding the bloc into the "G21" by including the African Union as a permanent member.

An invitation to join could come as soon as Saturday.

But on Ukraine there was little sign of progress. Diplomatic opprobrium and war crimes charges have kept Russian leader Vladimir Putin from the summit.

But Moscow continues to press allies to water down international condemnation of its invasion of Ukraine, throwing up a major roadblock to joint action.

British Prime Minister Rishi Sunak said Putin was "the architect of his own diplomatic exile".

"The rest of the G20, meanwhile, are demonstrating that we will turn up and work together to pick up the pieces of Putin's destruction."

Ahead of his arrival Biden insisted that G20 can still "deliver", even as markets fret that a trade war between the world's two largest economies is poised to escalate. **-AP**

'World falling dangerously short of climate goals'

#PARIS

A world facing catastrophic climate change is perilously off course in meeting goals for slashing carbon pollution and boosting finance for the developing world, according to the UN's first official progress report out Friday.

The 2015 Paris treaty has successfully driven climate action, but "much more is needed now on all fronts," said the report, which will underpin a crucial climate summit in Dubai at the end of the year.

"The world is not on track to meet the long-term goals of the Paris Agreement," including capping global warming at 1.5 degrees Celsius above mid-19th century levels, the report said.

Global greenhouse gas emissions must peak by 2025 and drop sharply thereafter to keep the 1.5C target in view, the so-called stocktake said, drawing from a major scientific assessment by the UN's IPCC science advisory panel.

UN chief António Guterres prior to a press conference at New Delhi

Achieving net zero carbon emissions by 2050 -- another Paris goal -- will also require phasing out the burning of all fossil fuels whose emissions cannot be captured or compensated.

How quickly to purge the global economy of oil, gas and coal will be hotly contested in December at the two-week COP28 talks in Dubai starting in late November, with nearly 200 nations taking part. "We need to triple renewable energy by 2030, commercialise other zero carbon solutions like hydrogen, and scale up the energy system free of all unabated fossil fuels," said COP28 president Sultan al-Jaber, head of the United Arab Emirates' national oil company ADNOC.

The stocktake report also says that clean power must be dramatically ramped up, according to the first UN scorecard of the world's progress in meeting Paris Agreement climate goals. **-AFP**

Modi, Biden hold bilateral talks

#NEW DELHI

Prime Minister Narendra Modi on Friday held bilateral talks with US President Joe Biden here, with their discussions covering a wide range of issues focused on deepening the bond between the two countries.

The meeting was held soon after Biden arrived in New Delhi to participate in the G20 Summit to be chaired by Prime Minister Modi.

"Their discussions include a wide range of issues and will further deepen the bond between India and the USA," the prime minister's office said.

US Treasury Secretary Janet Yellen, Secretary of State Anthony Blinken and US NSA Jake Sullivan were also present in the meeting from the US side while the Indian delegation included External Affairs Minister S Jaishankar and NSA Ajit Doval. Modi is scheduled to hold 15 bilateral meetings over the next two days. **-PTI**

Prime Minister Narendra Modi meets United States President Joe Biden

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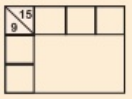
FARNAZ

SOLVE IT IN A MINUTE

You start a one-hour road trip at 40 mph. Every 10 minutes you increase your speed by 10°/o of what it is at that point in time. You continue this process until one hour has elapsed. How far will you travel in one hour?

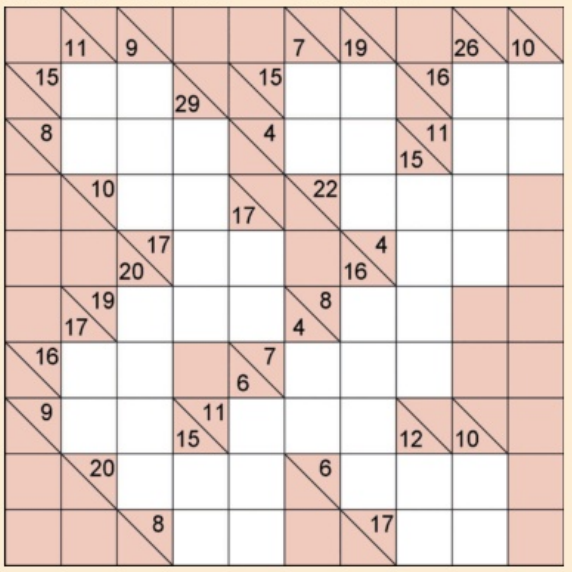
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



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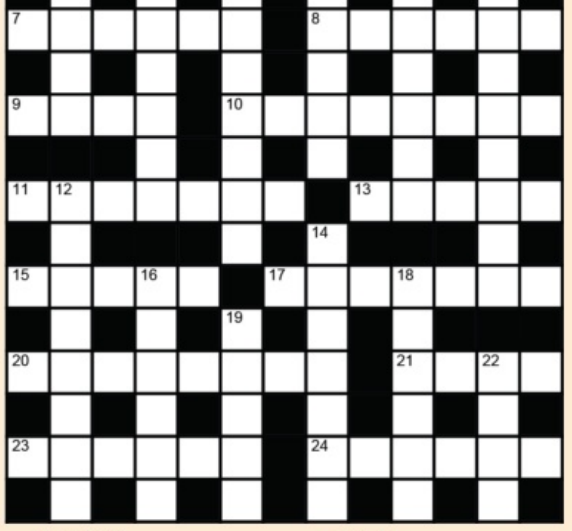


ACROSS

7 Dog-like animal (6)
8 Builders or erectors (6)
9 Football kick (4)
10 Interjects (8)
11 Tolerating (7)
13 Closes or slams (5)
15 Northernmost district of Karnataka (5)
17 Furnish with money (7)
20 Chuckled, laughed or roared loudly (8)
21 Porridge grain (4)
23 Room for manoeuvre (6)
24 Desired or longed for (6)

DOWN

1 Capital of Azerbaijan (4)
2 Moved over ice (6)
3 Escaping (7)
4 Slap sharply? (5)
5 India and Mumbai's ___ Solkar (6)
6 Theatrical or histrionic (8)
12 More sunny or less gloomy? (8)
14 Microsoft OS (7)
16 Archer's missiles? (6)
18 Awake from sleep (6)
19 Ruses, tricks or gimmicks (5)
22 Hike (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: D EQUALS T

VPTPTSPV, K HJEW RA DJP YJRFZLPV EY K YFVP YEMA RI QRRL JEMJPV FW.

Linemaro

You are pretty and I am cute. Together we will be pretty cute

Mindchow

Just do what you love and believe in, and success will follow

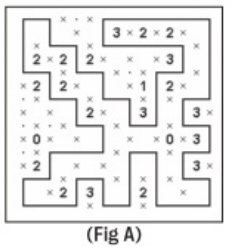
Joke of the day

If a fire truck was on its way to a fire and it passes another fire, which fire would it go to?

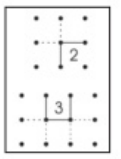
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

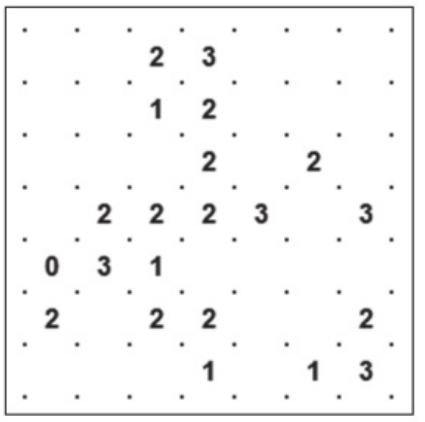


(Fig B) Not Allowed

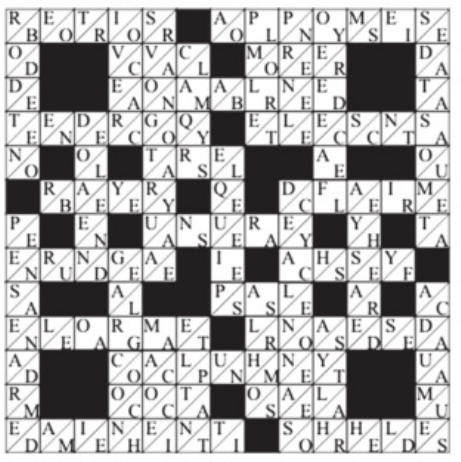
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9		H		

ACROSS

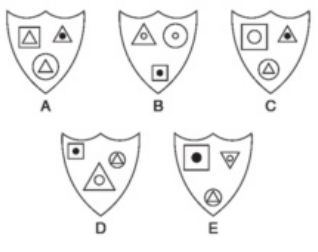
1 Rotas; 6 In Zee (1-4); 7 Ted ox; 8 UC nut; 9 Baths

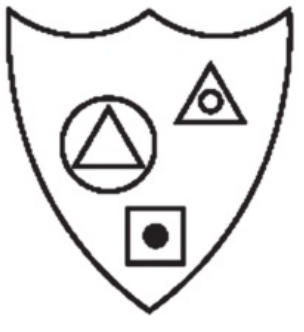
DOWN

1 Rud be; 2 A Zone; 3 Cat hi; 4 To Sun; 5 TT sex

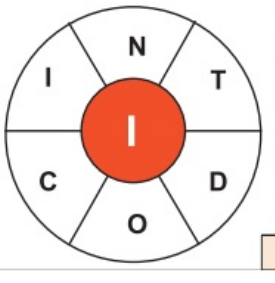
Mensapuzzle

Which shield on the right has most in common with the shield below?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

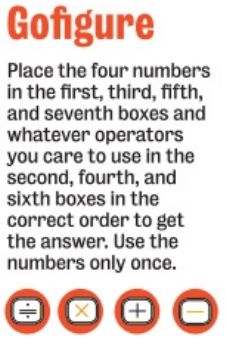
SudokuChallenge

5	9	6					2	
				2				7
						4	5	
3			6	1		8		4
			8		5			
6		9		4	2			5
	4	3						
1				3				
	5					3	6	8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

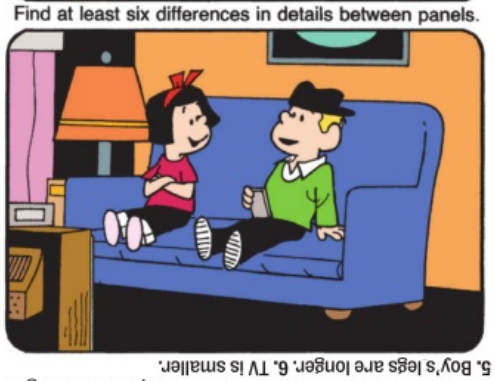
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.



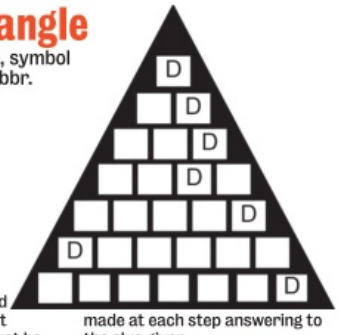
Differences: 1. Sofa is not as wide. 2. Picture on wall is moved. 3. Hair ribbon is different. 4. Lampshade is larger. 5. Boy's legs are longer. 6. TV is smaller.

Riddler

Can you decipher this phrase: KNOWITNO

Alpha triangle

1 Hydrogen isotope, symbol
2 Advertisement, abbr.
3 Deranged
4 Created
5 Modify
6 Insult
7 Titled anew



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

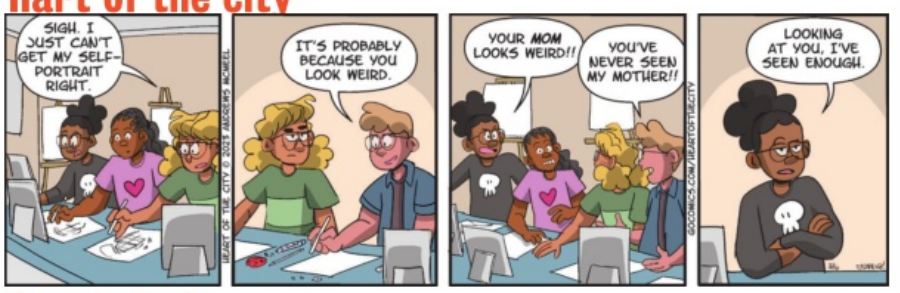
Redeye by Mel Casson

EVERYONE TELLS ME I DON'T LOOK MY AGE
HOW OLD WOULD YOU SAY I AM, TANGLEFOOT?
A HUNDRED AND SIX?
6-20
I GUESS THEY'RE RIGHT.., SHE DOESN'T LOOK HER AGE

Bizarrotrip

Diamond Lil

Hart of the city


SIGH. I JUST CAN'T GET MY SELF-PORTRAIT RIGHT.
IT'S PROBABLY BECAUSE YOU LOOK WEIRD.
YOUR MOM LOOKS WEIRD!!
YOU'VE NEVER SEEN MY MOTHER!!
LOOKING AT YOU, I'VE SEEN ENOUGH.

Crankshaft

ALONG WITH REOPENING WITH 'LISA'S STORY'...
WE'LL ALSO BE SHOWING THE 'STARBUCK JONES' TRILOGY... 'MY DOG POOKIE'...
AND WHO KNOWS... WE MAY EVEN BRANCH OUT INTO SOME MOVIES THAT I DON'T STAR IN!
6-28

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today your spiritual power may make you happy. You are happy with your positive thinking, which may give you confidence. You are inclined towards spiritualism today. You may plan to visit a religious place. You may also take an interest in occult science. You are likely to observe flawlessness in your nature. It is advised to keep your views to yourself and try to discuss them with those who may understand your feelings.

Taurus Apr 21 – May 20
Today you may feel nervous, you may lack patience, and you may be attracted to the occult. It is advised to follow your intuition before making any important decisions. You may also gain in-depth knowledge on a subject, or you may have a good focus on your research.

Gemini May 21 – Jun 21
Today your moon is in a good position; you may expect some positive momentum in professional and domestic life. There are likely to be gains in terms of your investments. You may get reciprocal help from your friends and relatives. Your hard work may pay off in terms of success.

Cancer Jun 22 – July 23
Today you may find yourself in a state of self-analysis, which will bring some confidence to you. Your focus on your goals is now clear; you may achieve your goal. Your creativity might improve, and you will take an interest in artefacts, movies, glamour, and real-life objects. At the end of the day, you may be satisfied with your life. Your opponents may be under control now.

Leo Jul 24 – Aug 23
Today your mother's health may be good. You may enjoy work, and you may get rewards for your hard work. Your social respect may be increased now. Overworking your mind may make you tired, and due to your work load, you may not be able to reach some family events.

Virgo Aug 24 – Sep 23
Today you may feel dull. It is advised to keep your mind cool. It is the golden rule for you to think twice before taking any action. You may travel to recover your money; otherwise, you may lose it. You are also advised to avoid going on an adventure tour. Students are advised to go for in-depth study to achieve success.

Libra Sep 24 – Oct 22
Today you may be satisfied at work. You may plan for a short work-related trip. You may also visit some of your relatives. Disputes with the siblings are likely to be resolved. Your gurus may show you the right path, which may give you clarity regarding your goals.

Scorpio Oct 23 – Nov 22
Today you may be busy with domestic issues. You may spend money on buying some artefacts or household stuff. You are advised to control spending on worthless stuff; otherwise, it may attract negative energy into the house. You are also advised to control your harsh language with the people around you.

Sagittarius Nov 23 – Dec 22
Today you may feel good; domestic harmony may make you happy. You may meet some influential people to get some benefits on the work front. You are likely to perform well in your job, and you may expect some rewards in terms of promotions. Disputes over inherited property are likely to settle.

Capricorn Dec 23 – Jan 20
Today you may feel dull. You may be a victim of sleeplessness due to anxiety. It is advised to go for meditation. You may also spend money to show off in society, which may affect your savings. You are advised to avoid rash driving and adventure tours.

Aquarius Jan 21 – Feb 19
Today you are blessed by a positive moon. Your losses are likely to be converted into profits. You are likely to be in a winning position in state-related matters. Couples expecting a child may hear good news. Parents' health is also under control.

Pisces Feb 20 – Mar 20
Today you may help needy people around you. It may increase your reputation in society. New ideas may come into your mind. You are likely to implement the innovation into the work, which may increase your business. Lovebirds may plan an outing or an adventure tour.

KIDZONE

Leya Kumar, 8 Years, Vibgyor High School

Sadhvi Sanju, 7 Years, The New Cambridge English School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
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SOLUTIONS

SOLVE IN 1M
First 10 mins—@40 mph; 2nd 10 mins—@44 mph; 3rd@48.4 mph; and so on. So, after 1 hour, he travels: 1/6*[40+44+48.4+53.24+58.56 4+64.4204]miles; =1/6*[308.8244] miles; =51.4374 miles

RIDDLER
No two ways about it.

FAST FIVE

R	O	A	S	T
E	Z	I	N	E
D	E	T	O	X
U	N	C	U	T
B	A	H	T	S

BULL'S EYE
coin, DICTION, dilct, icon, idiot, Ionic, tonic

STRIKE OUT

E	M	I	N	E	N	T	S	H	E	D	S			
R		O	C	A	S	E	A			M				
A		C	A	L	U	M	N	Y		A				
N	E	A	R	M	E	L	O	A	D	E	D			
S		A		P	A	L		A		A				
N	U	D	G	E		I	C	H	E	F	F			
E	N		U	S	U	R	Y		H		A			
B	A	E	R		O	C	L	A	I	M				
O		L		S	E		A			U				
E	N	E	R	G	Y		E	L	E	C	T	S		
D		E	N	A	B	L	E	D		T				
R	O	T	O	R		O	P	P	O	S	E	S		
O		V	A	L		O	E	R		A				
J	A	C	K	A	L		M	A	K	E	R	S		
K		A		E		A		N		A				
B		S		F		S		E		D				

QUICK

		R		S		S			E		K			
L	E	E	W	A	Y		W	I	S	H	E	D		
		T		O		O			O		R			
C	H	O	R	T	L	E	D		O	A	T	S		
		G		R		P		N						
B	I	D	A	R		F	I	N	A	N	C	E		
		R				W				I				
A	B	I	D	I	N	G		S	H	U	T	S		
		A						T			A			
P	U	N	T		E	X	C	L	A	I	M	S		
J		K		A		E		A		N		A		
B		S		F		S		E		R		S		

SUDOKU

5	9	6	7	8	4	1	2	3
4	3	1	5	2	9	6	8	7
2	7	8	1	6	3	4	5	9
3	2	5	6	1	7	8	9	4
8	4	3	2	5	6	9	7	1
6	8	9	3	4	2	7	1	5
7	1	4	8	9	5	2	3	6
1	6	7	9	3	8	5	4	2
9	5	2	4	7	1	3	6	8

MENSA PUZZLE
D: It contains a triangle in a circle, a circle in a triangle (with the same orientation of the triangle) and a black dot in a square

QUOTE UNCODE
Remember, a chip on the shoulder is a sure sign of wood higher up.

GO FIGURE
Easy
9 – 8 + 8 + 8 = 17
Medium
6 + 6 x 4 – 3 = 45
Hard
9 – 3 + 6 / 4 = 3

ALPHA TRIANGLE
D, AD, Mad, Made, Amend, Demean, Renamed.

LOOP

KAKURO

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Cinematic canvas

Director Suhash Krishna's debut film, "Kaddha Chitra," ventures into the complex world of post-traumatic stress disorder, attempting to shed light on the challenges faced by those who suffer from it. However, despite its noble intentions, the film struggles to resonate with its audience. One of the key issues lies in the director's attempt to create an unusual and unconvincing portrayal of a writer, who is depicted as a chain smoking and alcohol addicted individual, leaving a peculiar impression on the viewers.

KADDHA CHITRA
2.5 RATING ★★½☆☆
- **DIRECTOR** Suhash Krishna
- **ACTORS** Vijay Raghavendra, Namrata Surendranath, Raghu Shivamogga, Balaji Manohar
- **Duration** 107 minutes
- **Certification** U/A

The movie begins with a prisoner expressing no remorse for his criminal past and even revealing in it during an interview with a journalist on the prison premises. At this point, the director introduces us to a Tamil-speaking grandmother and her granddaughter, Athithi (Namratha Surendranath), a fine arts student specialising in pottery. Athithi becomes the tenant of Vijay Kshatriya (Vijay Raghavendra), a writer. Initially, Athithi harbours disdain for Vijay Kshatriya, but as time goes on, she falls in love with him. Athithi becomes Vijay's muse, encouraging him to write novels, which ultimately leads to his fame.

However, trouble brews when Vijay Kshatriya is accused of plagiarism, and the film explores the consequences of this accusation.

In this movie, Vijay Raghavendra appears different from his usual roles, often depicted smoking cigarettes or consuming alcohol as per the director's vision. Namrata Surendranath brings charm and beauty to her character, while Baby Aradhya delivers a commendable performance. Cinematographer Gowtham Manu excels behind the camera, capturing the essence of the story effectively. Raghu Shivamogga, portraying a publisher, delivers a convincing performance, as does Balaji Manohar in his role as a doctor. Krishna Raj's music is satisfactory.

"Kaddha Chitra" may appeal to die hard fans of Vijay Raghavendra, particularly those interested in seeing him in unconventional roles. Namrata Surendranath presents an appealing and charming presence on screen. Baby Aradhya also delivers a commendable performance, showcasing her acting skills.

—Y Maheswara Reddy

Origin story

Kangana Ranaut is all set to go back to South cinema with Chandramukhi 2 with Raghava Lawrence. She was earlier part of Thalaivi where she played Jayalalithaa. In a recent interview, the actress revealed that Chandramukhi 2 is the origin story of her character of how and why she turned into a ghost.

The actress in an interview with The Hindu mentioned that she is the original Chandramukhi. It's an origin story which delves into who she is, and why she turned into a ghost. She also addressed the issues of comparisons with Jyothika who played Chandramukhi in the first installment. She said that she is a huge fan of hers and it is an honour for her to be part of the same franchise. She also added that in an interview when Jyothika was asked about her favourite actress, she took her name and this was long before she had signed this film. She's such a generous person and an inspiration to her, Kangana said.

Kangana also mentioned that growing up everyone has that one inspirational character that they like to portray, for her it was Chandramukhi. Kangana also shared that after working with the Tamil industry she brought about a change in her style when she turned director again with Emergency.

— ETimes

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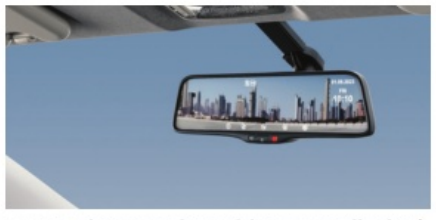
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